



NUTRITION

(Shown for regular size bowl; small bowl = 1/2 portions)

BASE	Calories	Calories From Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Purple Rice (6oz)	280	20	1	1	0	0	5	60	2	0	5
White Rice (6oz)	280	0	0	0	0	0	10	61	2	0	5
Salad - Romaine (4oz)	20	0	0	0	0	0	20	4	2	1	1
Salad - BIBIMIX (4oz)	35	0	0	0	0	0	45	7	3	3	2
Japchae Noodles (6oz)	213	41	5.5	0	0	0	359	44	<1	5	1.5

PROTEIN	Calories	Calories From Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Tofu (4oz)	170	80	9	1.5	0	0	830	9	<1	4	13
Chicken (4oz)	170	27	3	1	0	58	835	13	0	11	22
Spicy Chicken (4oz)	169	45	5	2	0	37	751	11	0	8	20
Steak (4oz)	210	90	10	4	0	85	752	10	<1	10	20

HOT TOPPING	Calories	Calories From Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bean Sprouts (1oz)	45	25	3	0	0	0	65	3	0	0	1
Black Beans (1.5oz)	35	0	0	0	0	0	115	6	2	0	2
Potatoes (2oz)	60	15	2	0	0	0	75	9	1	0	1

COLD TOPPING	Calories	Calories From Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Carrots (1oz)	15	5	0.5	0	0	0	105	3	<1	1	0
Cheese (1oz)	100	70	8	8	0	25	170	0	0	0	7
Corn (1oz)	25	60	15	2	0	0	0	75	9	1	<1
Cucumber (1oz)	4	0	0	0	0	0	0	1	0	0	0
Eggs (1oz)	40	25	2.5	1	0	105	120	0	0	0	3
Daikon (1oz)	10	0	0	0	0	0	160	3	0	3	0
Kale (1oz)	25	5	1	0	0	0	130	3	<1	<1	1
Pickled Red Cabbage (1oz)	15	0	0	0	0	0	70	4	0	3	0
Red Cabbage (1oz)	9	0	0	0	0	0	6	2	1	1	<1

SAUCE	Calories	Calories From Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Yum Yum (1 fl oz)	140	135	15	2.5	0	10	220	2	0	2	0
Teriyaki (1 fl oz)	32	0	0	0	0	0	1380	6	0	5	2
Korean Red (1 fl oz)	70	9	1	0	0	0	640	14	1	10	1
Cucumber Wasabi (1 fl oz)	150	144	16	2.5	0	10	290	1	0	<1	0
Spicy Sriracha (1 fl oz)	25	4.5	0.5	<1	0	0	420	5	0	3	0
Sesame Ginger (1 fl oz)	100	63	7	1	0	0	450	7	0	6	1

SIDES	Calories	Calories From Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Kimchi (3.5oz)	30	0	0	0	0	0	716	5	2	1	1
Miso Soup (8oz)	35	10	1.5	0	0	0	1170	4	<1	<1	3
Pineapple (3.5oz)	52	0	0	0	0	0	0	6.3	<1	6.3	<1

COKE BEVERAGES (20 fl oz)	Calories	Calories From Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Coca-Cola Classic®	160	0	0	0	0	0	716	5	2	1	1
Diet Coca-Cola®	0	10	1.5	0	0	0	1170	4	<1	<1	3
Coca-Cola Zero®	0	0	0	0	0	0	0	6.3	<1	6.3	<1
Sprite®	160	0	0	0	0	0	35	42	0	42	0
Fanta® Orange	170	0	0	0	0	0	0	47	0	47	0
Barq's Root Beer	180	0	0	0	0	0	20	49	0	49	0
Hi-C® Flashin' Fruit Punch	170	0	0	0	0	0	15	46	0	46	0
Dr Pepper®	150	0	0	0	0	0	50	42	0	42	0

ALO® BEVERAGES	Calories	Calories From Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Allure™	30	0	0	0	0	0	716	5	2	1	1
Exposed™	35	10	1.5	0	0	0	1170	4	<1	<1	3
Comfort™	52	0	0	0	0	0	0	6.3	<1	6.3	<1

OTHER BEVERAGES (20 fl oz)	Calories	Calories From Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Lemonade	210	0	0	0	0	0	0	55	0	53	1
Black Current Tea	2	0	0	0	0	0	0	0	0	0	0

ALLERGENS

BIBIBOP is a peanut-free & MSG-free kitchen. We cannot guarantee against gluten/wheat cross-contamination.

X = CONTAINS | **v** = VEGAN FRIENDLY

BASE	Wheat / Gluten	Dairy	Eggs	Soy	Sesame	Fish / Shellfish	Peanuts	Allium	MSG	Vegan
Purple Rice										v
White Rice										v
Salad - Romaine										v
Salad - BIBIMIX										v
Japchae Noodles				x				x		v

PROTEIN	Wheat / Gluten	Dairy	Eggs	Soy	Sesame	Fish / Shellfish	Peanuts	Allium	MSG	Vegan
Tofu				x	x			x		v
Chicken	x			x	x			x		
Spicy Chicken	x			x	x			x		
Steak				x	x			x		

HOT TOPPINGS	Wheat / Gluten	Dairy	Eggs	Soy	Sesame	Fish / Shellfish	Peanuts	Allium	MSG	Vegan
Bean Sprouts										v
Black Beans										v
Potatoes								x		v

COLD TOPPINGS	Wheat / Gluten	Dairy	Eggs	Soy	Sesame	Fish / Shellfish	Peanuts	Allium	MSG	Vegan
Carrots					x					v
Cheese		x								
Corn										v
Cucumber										v
Eggs			x							
Daikon										v
Kale				x	x		x			v
Pickled Red Cabbage										v

SAUCE	Wheat / Gluten	Dairy	Eggs	Soy	Sesame	Fish / Shellfish	Peanuts	Allium	MSG	Vegan
Yum Yum		X	X	X				X		
Teriyaki	X			X						V
Korean Red	X			X	X					V
Cucumber Wasabi		X	X					X		
Spicy Sriracha	X			X	X			X		V
Sesame Ginger				X				X		V

SIDES	Wheat / Gluten	Dairy	Eggs	Soy	Sesame	Fish / Shellfish	Peanuts	Allium	MSG	Vegan
Kimchi (3.5oz)										V
Miso Soup (8oz)				X				X		V
Pineapple (3.5oz)										V

Last Updated: April 12, 2019

Nutrition information is compiled based on product testing, data provided by an independent testing facility, and data provided by suppliers. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, possible preparation deviation at the restaurant level, raw ingredient origin of the region or country, and season of the year. Temporary products and Limited Time Offers are not included. Each of our menu items is prepared by hand, individually, therefore, serving size variations may occur.

Normal kitchen operations involve shared cooking and preparation areas, and cross-contact with other foods may occur during preparation. Therefore, BIBIBOP and its employees do not assume responsibility for a particular allergy or sensitivity to any food provided in our restaurants. Our restaurants use ingredients that contain 4 of the 8 major FDA allergens (wheat, soy, egg, dairy). Our restaurants are not allergen free facilities.

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Values for Coca-Cola® products represent sodium derived from beverage ingredients other than water. The actual amount of sodium in the beverage will vary based on the sodium content of the local water supply where the finished beverages are produced.